

Hip replacement

PRE-OPERATIVE EXERCISES

1. Armchair Push-ups

1. Sit in a straight armchair.
2. Rest your feet on the floor slightly in front of you. Place your hands on the arm rests.
3. Relax your lower body. Straighten your arms, raising your buttocks up off the chair. Do not push with your legs. This may take some practice if your arm muscles are weak.
4. Repeat 20 times.



1. Armchair Push-ups

2. Wall Push-ups

1. Stand facing a wall, arms-length away.
2. Feet should be slightly apart, legs straight.
3. Place hands on wall with pointer fingers and thumbs forming a triangle.
4. Keep arms shoulder/chest height.
5. Inhale while bending elbows about 90 degrees and lower body toward the wall. Stop before touching the wall with your head.
6. Exhale while straightening arms and returning to starting position.
7. Repeat 20 times.



2. Wall Push-ups

Exercises - Lower Body

Your knee pain has slowed you down for some time now and your muscle tone may not be as good as it could be because of decreased activity. Toning up your lower body muscles before surgery will get you in better condition and back to a healthy lifestyle much quicker.

Starting now, do each of these exercises three times a day.

3. Ankle Pumps

1. Extend your foot as far as you can with toes pointing forward.
2. Then bring your foot back in the opposite direction towards your leg. You should feel the calf muscles working.
3. Repeat 20 times.



3. Ankle Pumps

4. Quad Sets/Knee Pushdowns

1. While sitting, with legs out straight. Press knee into bed or couch. Hold for 5-10 seconds and release.
2. You should feel the muscles on front of thigh tighten.
3. Do NOT hold your breath. Exhale while tightening.
4. Repeat 20 times.

5. Gluteal Sets/Buttock Squeezes

1. Squeeze the buttock muscles together. Hold for 5-10 seconds and release.
2. Do NOT hold your breath. Exhale while tightening.
3. Repeat 20 times.



4. Quad Sets/Knee Pushdowns

5. Gluteal Sets/Buttock Squeezes

6. Heel Slides

1. While sitting with your legs extended and together.
2. Bend knee and pull heel towards buttocks.
3. Repeat 20 times.



7. Hip Abduction and Adduction

1. Lie on your back with legs together.
2. Slide right leg out to the side. Keep toes pointed up and knee straight. Return to starting position.
3. Slide left leg out to the side. Keep toes pointed up and knee straight. Return to starting position.
4. Repeat 20 times.



8. Short Arc Quads

1. Lie on your back. Place a towel roll under your thigh.
2. Lift foot, straightening knee and tightening thigh muscle.
3. Do NOT raise your thigh off the towel roll.
4. Repeat 20 times.



8. Short Arc Quads



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9. Long Arc Quads

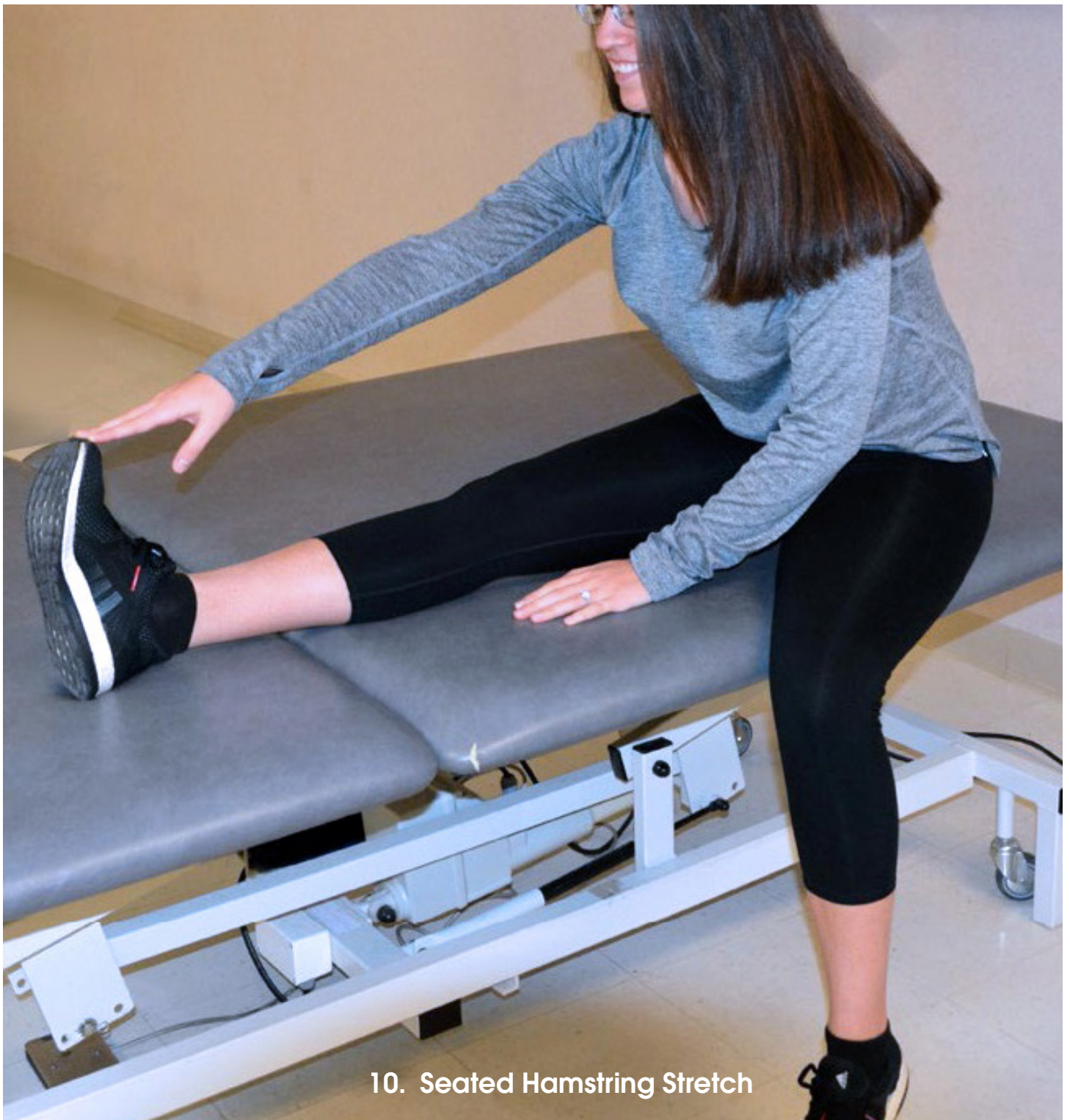
1. Sit with your back comfortably against the chair with feet on the floor.
2. Straighten your knee so that your leg is parallel to the floor.
3. Hold 5-10 seconds and release, returning to original position.
4. Repeat 20 times.



9. Long Arc Quads

10. Seated Hamstring Stretch

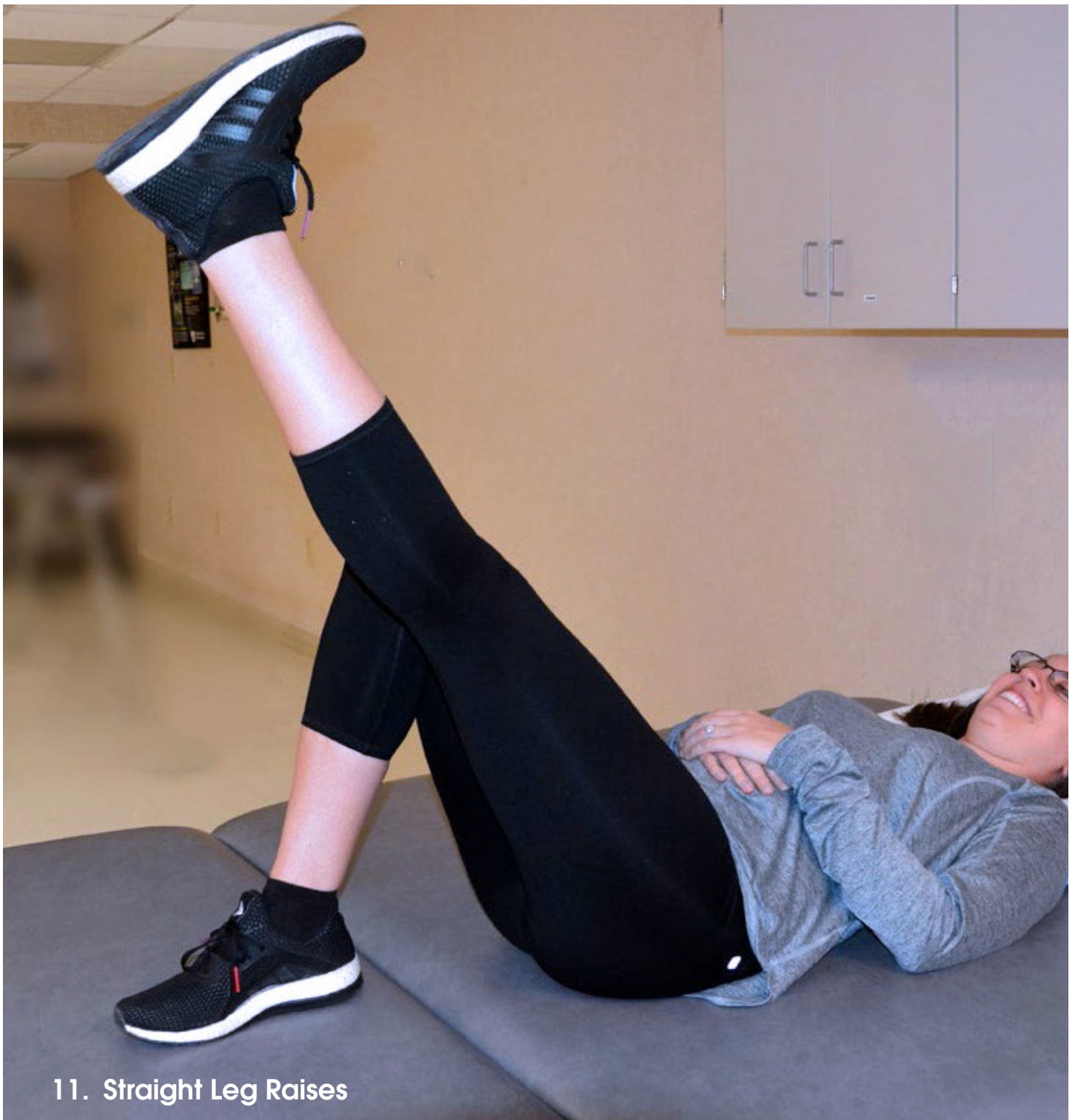
1. Sit on couch or bed with your leg extended.
2. Lean forward and pull toes toward your face.
3. Stretch until pull is felt.
4. Hold for 5-10 seconds and release.
5. Repeat 20 times.



10. Seated Hamstring Stretch

11. Straight Leg Raises

1. Lie on your back with the nonsurgical leg bent and foot flat.
2. Keep the surgical leg straight and raise it to the height of your other knee.
3. Toes should be pointed up.
4. Repeat 20 times.



11. Straight Leg Raises

12. Mini Squats

1. Holding onto the back of a chair or table top.
2. Keeping your back straight and feet flat on the floor, bend your knees slightly.
3. Slowly return to starting position.
4. Repeat, bending a bit further each time.
5. Repeat 20 times.

13. Standing Hip Abduction

1. Stand holding onto a chair or other firm surface.
2. Keeping the knee straight and the toes pointed forward, lift the affected leg out to your side, 10-12 inches off the floor.
3. Return to starting position.
4. Repeat 20 times.

14. Standing Hip Extension

1. Stand holding onto a chair or other firm surface.
2. Your back should be straight. Do not bend at the waist.
3. Keeping the unaffected hip/leg straight, bring the affected leg back as far as possible.
4. Return to starting position.
5. Repeat 20 times.



12. Mini Squats

13. Standing Hip Abduction

14. Standing Hip Extension



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